Understanding Instead of Judging: How I Broke the Chain of Trauma Transmission.

By Peter Siegfried Krug

In my new article, I share the profound psychological analysis of my mother Herta Bertel's lifelong struggle, during which she was trapped in "survival mode" for 80 years.

Many people carry the unresolved wounds of previous generations. My mother's often destructive behavior was not a conscious choice, but rather the automatic reaction of a deeply insecure person who was unable to process her own childhood traumas.

The key insight: Breaking the cycle of blame begins with recognizing that the behavior of the parental generation was a manifestation of their own unhealed wounds, not our personal guilt.

This text describes the path to cognitive and emotional detachment—a necessary act of self-protection to ensure one's own resilience.

I invite everyone who deals with intergenerational patterns to read this in-depth analysis:

Trauma - Transmission of Trauma from Mother to Son - Overcoming Trauma

A Comprehensive Overview.

Mother of son Peter Siegfried Krug

Birthname: Herta Brigitte Krug, married since 1977 Herta Bertel (Salzburg, Salzburg State Hospital (SALK) - University Hospital of the PMU * Tuesday, December 21, 1943 - † City of Salzburg, Hellbrunner Str. 7/b 5020 Salzburg on Friday, April 12, 2024 at 3:37 p.m., hour of death)

Description of her appearance: Herta Bertel (born Krug) had black hair and was very slim. She had a gaunt face and was usually very serious, melancholy, and sad. She rarely laughed. She was married to Dr. Michael Bertel (born June 9, 1944) until her death.

Her birth and childhood

She was born in the city of Salzburg as Herta Brigitte Krug.Herta Brigitte was her recording. She then spent her childhood in Lessach, Lungau. As an unmarried child, she was placed in various foster homes on farms. Her maternal grandmother was deaf - dumb for life. The grandmother was considered stupid in Lessach because of her deaf-muteness.

Her job as a civil servant in a health authority - Secretary at the public health department

She was an unskilled worker and had only attended primary school when she was still a young adult. After she moved to the city of Salzburg, she worked later for decades in the Salzburg Health Department, Anton Neumayrplatz 3 (near Haus der Natur) as secretary until she retired. There she met Josef Mlcak (1926 - 2012), who had been involved in many voluntary activities throughout his life, including the fire brigade, the Red Cross and mountain rescue.The friendship and collegiality with him lasted for many decades.

At first she lived alone at Müllnerhauptstraße 18 on the third floor. A few months later she moved into a municipal apartment on the second floor at Goethestrasse 12, door number 21 in Itzling. Here she was initially together with a friend called "Sigi" (Siegfried Gmachl), with whom she ended her friendship. During this time, she worked as a secretary and met Dr. med Michael Bertel and got married (August 5, 1977). They initially lived together at Goethestrasse 12, door 21 (1976-1978). Peter Siegried Krug, who was living at Guggenthal 62 (Georg Weicklweg 32) with other orphans at the time, came to this council flat at weekends. A short time later, Dr. Michael Bertel and Herta were looking for a freehold flat. They found their first flat in Künstlerhausgasse in Nonntal and lived there for 4 years. They didn't stay there and bought a 119 square meter freehold flat at Hellbrunner Str. 7/b 5020 Salzburg on the top floor. They lived together after their wedding nearby 47 years. Dr. Michael Bertel loved her.

Her son was Peter Siegfried Krug (born November 23, 1966 in the city of Salzburg), known as Chess study composer, photographer, yoga teacher, videographer and author of autobiographical texts.

She gave birth to her only son Peter Siegfried Krug on November 23, 1966. The birth of her son was very painful for Herta Krug (later married Bertel).

Christening of Peter Siegfried Krug According to a baptismal certificate, volume 61, page 171 Rz 1416, Peter Siegfried Krug was baptized on November 29, 1966 in the parish "Erzb. Pfarramt St. Johannes Landesklinik", Müllnerhauptstraße 46. His godfather was Siegfried Gmachl.

The name of Peter Krug's father was Dr. Peter Strobl (according to Herta Bertel) and he worked as a doctor by profession. Dr. Peter Strobl was blonde and tall. Herta Krug (she was still unmarried at that time) was friends with the biological father (Dr. Strobl) in the approximate period 1962 - 1966. They went dancing in Kitzbühel. He already had a family. This doctor advised Peter Krug to have an abortion. His mother found it very out of character and disappointing. She did not demand alimony from the biological